

Reproductive Health Diet

N.B. Individuals may have additional or different dietary needs - your Naturopath can advise.

All foods should be fresh & organically grown whenever possible

PROTEIN

You need an average sized serving (equivalent to the palm of your hand) of protein-providing food **at least** 2x a day before conception and 3x a day during pregnancy. This should be food giving you either:

1. A PRIMARY protein, which comes from an ANIMAL source, and is a COMPLETE protein (i.e. one which contains all the amino acids).

or

2. A combination of SECONDARY proteins, which come from a PLANT source, and are INCOMPLETE proteins (i.e. they do not contain the full range of amino acids).

By combining TWO of the food groups below (within one meal or one day), you will have a COMPLETE protein source, as each group has a different range. This is not necessary if you are also eating any foods of animal origin.

1. NUTS
2. GRAINS/SEEDS
3. LEGUMES/PULSES

FATS

You need to avoid saturated fats, which will upset your PROSTAGLANDIN / HORMONE / NUTRIENT balance. This means heated and animal fats.

NO FRIED FOOD except stir-fry. Cook with minimal amount of olive oil (or sesame). These are mono-unsaturated fats, and will not saturate on heating.

USE LOTS OF COLD PRESSED OILS ON SALADS (extra virgin olive or flaxseed). These oils are high in beneficial essential fatty acids if never heated. They can be poured over food **after** cooking, and used on bread as a butter substitute. They should be kept out of light (in dark containers) & in the fridge (except olive). Add lemon/pepper/garlic/herbs to dressing.

AVOID BUTTER/MARGARINE. These are both saturated fats. Margarine is even worse than butter, as it saturates during processing and is also full of chemicals. Try avocado, banana, hummus, tahini, nut spreads (if fresh & refrigerated & kept away from light).

PROTEIN PROVIDING FOODS

★★★**FISH** – 3 times weekly. Low in saturated fats, high in essential fatty acids, especially deep sea/ocean/cold water fish, which are also less polluted, for example mullet, salmon, taylor, trevally & sardines. Avoid large fish e.g. tuna, shark, swordfish, ling, barramundi, king mackerel (high in mercury), crustaceans (often polluted) and raw fish (may contain bacteria). Fresh preferable to tinned/frozen.

★★★**POULTRY** – Trim the skin to avoid fats. Use **certified** organically fed ONLY (free range is not necessarily organic and may still be fed with hormones and antibiotics).

★★**EGGS** – are an excellent source of protein. Limit their consumption only if they cause gastro-intestinal problems such as gas or constipation. **Certified** organically fed (see above).

★**DAIRY** – Avoid cows' milk/cheese, as it creates mucus in tubes and malabsorption. Natural **cultured** non-flavoured **fullfat** yoghurt good. Goats' milk/cheese preferred. Sheep's cheese, rice & oat milk also OK. Soya milk/cheese next best option (avoid Genetically Engineered or high fat/ aluminium/sugar brands of soya, keep consumption low). Avoid soft cheeses (which may contain bacteria).

★**RED MEAT** – in moderation. Unless **certified** organically fed, avoid organ meats/offal/sausage/mince (or get the butcher to mince on site). Organ meats contain high levels of toxins, e.g. pesticides/hormones. Avoid delicatessen meats (high in fats, offal content and toxic preservatives) and raw/undercooked meat. Trim all fat.

★★★**LEGUMES/PULSES** – Split peas, lentils, chickpeas, beans, tofu, tempeh, (soya). (Fermented or soaked forms of soya preferred. To use beans soak overnight and discard water). Good plant protein (also contains carbohydrate). Must combine as shown. Good detoxifiers.

★★★**NUTS/SEEDS** –raw/unsalted/**fresh** (store in fridge, away from light and eat within 2 weeks or freeze. Nuts should not taste bitter). Use in stir-fries, salads, pasta dishes, as a snack. Avoid dried fruit (high in sugar and preservatives, or mould).

★**GRAINS** – see over for grains (which have higher carbohydrate content than protein).



sydney health & fertility

CARBOHYDRATES

Keep consumption to moderate levels and choose low glycaemic carbohydrates where possible (Ask your practitioner for more information on the GI.) Avoid high glycaemic foods (eg. sugar, white/refined grains). Refined carbohydrates leach nutrients from your body's stores, which in turn, increases your desire for these foods. The balance of protein to carbohydrate foods should be approximately 1:1 in volume.

VEGETABLES - LOTS EVERY DAY. Should make up minimum 40% of total food intake. Organic whenever possible. Wide variety, especially dark green leafy / red and orange / avocado. Eat both raw and cooked regularly.

RAW - Juices - try carrot/celery/beetroot as a base (great way of ensuring adequate vegetable intake).
- Salads - use a wide variety of vegetables. Pale lettuce is not highly nutritious. Add chopped fresh herbs e.g. parsley & watercress. Potatoes must not be eaten raw. Avoid pre-prepared salads (which may contain bacteria).
COOKED - steamed/stir-fried/baked. (Root vegetables require light cooking/grating/juicing for absorption) Do not cook or defrost with microwaves. Discard green potatoes (toxic).

FRUIT - 2 - 3 pieces daily, maximum (because of high sugar content). This includes fruit that is juiced, (dilute 50/50) though better eaten whole. Avoid dried fruit. Organic and low glycaemic whenever possible. Wash all fruit and vegetables in a little mild, environmentally friendly detergent and white vinegar, using a scrubbing brush where needed.

Guide to Pesticides: Try at least to buy the following ones organic because they are highest in pesticides – Peach, apple, capsicum, celery, nectarine, strawberries, cherries, lettuce, grapes, carrot, pear.

GRAINS - Wholegrain bread/rice/pasta/pastry only and organic whenever possible. AVOID REFINED FLOUR PRODUCTS. Read bread packets carefully and avoid those containing preservatives/additives.

SUGAR - AVOID ALL SWEET THINGS (incl. sugar substitutes, undiluted fruit juices, cakes/biscuits, soft drinks).

BEVERAGES

ALCOHOL - AVOID. Foetal alcohol syndrome is traced to PRE-conception, with BOTH parents. It is toxic to the foetus and leaches nutrients.

COFFEE - AVOID. Related to fertility/pregnancy/foetal health problems, including miscarriage. Decaffeinated not recommended. Cereal based substitutes and Dandelion Root OK (check for added sugar).

TEA - 2 cups weak, naturally low caffeine (not decaffeinated) max daily. Green and herb teas preferred and unlimited.

PURIFIED WATER - 8 - 12 glasses daily. Mineral water OK occasionally. Unpurified tap water is high in many toxins and heavy metals, which are concentrated (not destroyed) by boiling. Do not store in plastic.

SPICES/CONDIMENTS – Do not routinely add salt to your cooking/meals. If necessary, use tiny amounts of sea salt on individual foods. Pepper, spices and herbs are OK. Avoid any sauces containing sugar/salt/additives.

ACID/ALKALI balance should be OK if you eat lots of vegetables and only moderate amounts of animal products and grains. Ask your practitioner for more information.

"JUNK" FOODS - Avoid fats/sugars/salt/additives. Read labels carefully.

CIGARETTE SMOKING is harmful to your (and your baby's) health.

PHYTO-OESTROGENS If suffering from endometriosis, fibroids or hormone imbalance, eat regular, moderate amounts of phyto-oestrogenic foods, e.g. soya and linseeds, may be important. Ask your practitioner if this is relevant to you.

EXERCISE - a varied programme of regular aerobic exercise minimum 30 minutes 3-4 times/week. Rebounding particularly beneficial for health of reproductive organs. Yoga also excellent for all aspects of reproductive health.

COOKING - Do not overcook and do not use microwave ovens for cooking or defrosting.

TO HELP MAKE POSITIVE CHOICES - try an affirmation such as:- 'I AM MAKING A POSITIVE CHOICE FOR MY HEALTH AND WELL BEING (AND THAT OF MY CHILD)'.